

2019 Główne Mistrzostwa Województwa Lubelskiego
Lublin, 22. - 23.6.2019

Konkurencja 12 M czyzn, 400m zmienny 12 lat i starsi
22.06.2019 - 11:32 Wyniki

Rekord Polski Open	4:12.28	MATCZAK Mateusz	POL	Belgrade (SRB)	11.07.2009
Rekord Polski 19 - 23	4:12.28	MATCZAK Mateusz	POL	Belgrade (SRB)	11.07.2009
Rekord Polski 18	4:18.40	MATCZAK Mateusz	POL	Antwerp (BEL)	22.07.2007
Rekord Polski 17	4:20.27	MATCZAK Mateusz	POL	Palma de Mallorca (ESP)	06.07.2006
Rekord Polski 16	4:26.91	KĄŁUSOWSKI Jan	POL	Ostrowiec Sw	15.07.2016
Rekord Polski 15	4:30.55	KĄŁUSOWSKI Jan	POL	Ostrowiec Sw	10.07.2015
Rekord Polski 14	4:39.38	SOBEK Nikodem	POL	Berlin (GER)	16.12.2016
Rekord LOZP	4:19.87	WITKOWSKI Jan	POL	Szczecin	28.05.2016

Punkty: FINA 2019

Pozycja Wiek Czas Pkt.

MŁODZIK

1. WRO SKI Szymon	13	KS OLIMPIA Lublin	5:40.24	368
50m: 34.27 34.27	150m: 2:00.02 45.04	250m: 3:35.13 50.20	350m: 5:03.08 38.55	
100m: 1:14.98 40.71	200m: 2:44.93 44.91	300m: 4:24.53 49.40	400m: 5:40.24 37.16	
2. WÓJCIK Rafał	13	UKP Fala Kra nik	5:47.17	346
50m: 35.79 35.79	150m: 2:03.96 45.54	250m: 3:39.39 52.95	350m: 5:10.73 38.59	
100m: 1:18.42 42.63	200m: 2:46.44 42.48	300m: 4:32.14 52.75	400m: 5:47.17 36.44	
3. CZECZKO Michał	13	KP AVIA widnik	6:03.26	302
50m: 36.28 36.28	150m: 2:07.34 47.78	250m: 3:47.15 52.72	350m: 5:20.87 40.84	
100m: 1:19.56 43.28	200m: 2:54.43 47.09	300m: 4:40.03 52.88	400m: 6:03.26 42.39	

JUNIOR MŁODSZY

1. ZUZANIUK Igor	15	KS OLIMPIA Lublin	5:08.53	493
50m: 30.79 30.79	150m: 1:48.69 40.73	250m: 3:11.72 43.24	350m: 4:34.10 36.94	
100m: 1:07.96 37.17	200m: 2:28.48 39.79	300m: 3:57.16 45.44	400m: 5:08.53 34.43	
2. SKRZYPIEC Michał	15	KS AZS AWF Biała Podlaska	5:33.75	389
50m: 31.46 31.46	150m: 1:55.28 43.96	250m: 3:24.15 46.17	350m: 4:54.70 41.76	
100m: 1:11.32 39.86	200m: 2:37.98 42.70	300m: 4:12.94 48.79	400m: 5:33.75 39.05	
3. LED Maciej	14	UKS Olimpijczyk 23	5:46.14	349
50m: 35.78 35.78	150m: 2:02.01 43.21	250m: 3:38.25 52.89	350m: 5:09.29 38.75	
100m: 1:18.80 43.02	200m: 2:45.36 43.35	300m: 4:30.54 52.29	400m: 5:46.14 36.85	

OPEN

1. MRÓZ Adam	16	UKS Olimpijczyk 23	4:44.81	627
50m: 29.94 29.94	150m: 1:42.16 37.43	250m: 2:59.72 39.45	350m: 4:12.98 33.65	
100m: 1:04.73 34.79	200m: 2:20.27 38.11	300m: 3:39.33 39.61	400m: 4:44.81 31.83	
2. POPIOŁEK Dawid	17	KU AZS UMCS Lublin	4:49.31	598
50m: 29.76 29.76	150m: 1:41.97 37.78	250m: 3:01.98 42.76	350m: 4:17.22 33.27	
100m: 1:04.19 34.43	200m: 2:19.22 37.25	300m: 3:43.95 41.97	400m: 4:49.31 32.09	
3. KONCKI Bartłomiej	18	KS „Wisła” Puławy	4:56.37	556
50m: 30.38 30.38	150m: 1:44.88 39.33	250m: 3:05.63 42.05	350m: 4:22.59 33.47	
100m: 1:05.55 35.17	200m: 2:23.58 38.70	300m: 3:49.12 43.49	400m: 4:56.37 33.78	
4. ZUZANIUK Igor	15	KS OLIMPIA Lublin	5:08.53	493
50m: 30.79 30.79	150m: 1:48.69 40.73	250m: 3:11.72 43.24	350m: 4:34.10 36.94	
100m: 1:07.96 37.17	200m: 2:28.48 39.79	300m: 3:57.16 45.44	400m: 5:08.53 34.43	
5. ADAMCZYK Jan	16	UKS Olimpijczyk 23	5:09.70	488
50m: 30.92 30.92	150m: 1:49.98 43.17	250m: 3:15.64 44.44	350m: 4:35.67 35.71	
100m: 1:06.81 35.89	200m: 2:31.20 41.22	300m: 3:59.96 44.32	400m: 5:09.70 34.03	
6. SKRZYPIEC Michał	15	KS AZS AWF Biała Podlaska	5:33.75	389
50m: 31.46 31.46	150m: 1:55.28 43.96	250m: 3:24.15 46.17	350m: 4:54.70 41.76	
100m: 1:11.32 39.86	200m: 2:37.98 42.70	300m: 4:12.94 48.79	400m: 5:33.75 39.05	
7. WRO SKI Szymon	13	KS OLIMPIA Lublin	5:40.24	368
50m: 34.27 34.27	150m: 2:00.02 45.04	250m: 3:35.13 50.20	350m: 5:03.08 38.55	
100m: 1:14.98 40.71	200m: 2:44.93 44.91	300m: 4:24.53 49.40	400m: 5:40.24 37.16	

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Konkurencja 12, M czynn, 400m zmienny, OPEN

Pozycja			Wiek					Czas	Pkt.			
8.	LED	Maciej	14	UKS Olimpijczyk 23				5:46.14	349			
	50m:	35.78	35.78	150m:	2:02.01	43.21	250m:	3:38.25	52.89	350m:	5:09.29	38.75
	100m:	1:18.80	43.02	200m:	2:45.36	43.35	300m:	4:30.54	52.29	400m:	5:46.14	36.85
9.	WÓJCIK	Rafał	13	UKP Fala Kra nik				5:47.17	346			
	50m:	35.79	35.79	150m:	2:03.96	45.54	250m:	3:39.39	52.95	350m:	5:10.73	38.59
	100m:	1:18.42	42.63	200m:	2:46.44	42.48	300m:	4:32.14	52.75	400m:	5:47.17	36.44
10.	CZECZKO	Michał	13	KP AVIA widnik				6:03.26	302			
	50m:	36.28	36.28	150m:	2:07.34	47.78	250m:	3:47.15	52.72	350m:	5:20.87	40.84
	100m:	1:19.56	43.28	200m:	2:54.43	47.09	300m:	4:40.03	52.88	400m:	6:03.26	42.39
PK	PROCNAŁ	Adam	15	SP Motyl MOSiR Stalowa Wola				5:17.80	451			
	50m:	33.08	33.08	150m:	1:51.58	40.88	250m:	3:19.12	46.57	350m:	4:42.11	37.01
	100m:	1:10.70	37.62	200m:	2:32.55	40.97	300m:	4:05.10	45.98	400m:	5:17.80	35.69
PK	RÓ ALSKI	Marcin	15	St. Lok. SALOS Cortile Kielce				5:25.26	421			
	50m:	31.49	31.49	150m:	1:55.12	44.04	250m:	3:24.91	47.21	350m:	4:50.06	36.89
	100m:	1:11.08	39.59	200m:	2:37.70	42.58	300m:	4:13.17	48.26	400m:	5:25.26	35.20
PK	GAWENDA	Bartłomiej	13	UKS 48 Warszawa ródmi cie				5:37.37	377			
	50m:	33.76	33.76	150m:	1:58.89	45.00	250m:	3:31.39	46.72	350m:	5:00.04	39.48
	100m:	1:13.89	40.13	200m:	2:44.67	45.78	300m:	4:20.56	49.17	400m:	5:37.37	37.33